



Funded by the Sacramento County Division of Behavioral Health Services through the voter-approved Proposition 63. Mental Health Services Act (MHSA)

FIT

FLEXIBLE INTEGRATED TREATMENT

WHAT WE DO:

- Outpatient Mental Health Services for youth under 21 years old
- English & Spanish-speaking providers
- Trauma-Focused Cognitive Behavioral Therapy
- Individual & Family Therapy
- Parent Coaching
- Behavior Support & Stabilization
- Coping Skills Building
- Medication Support
- Case management
- Therapy & Behavioral Groups
- Support out of Homelessness/at risk of
- Advocacy for Youth & Family

SERVICE HOURS:

Monday-Friday
8:30am-5:00pm

SITE WALK-IN HOURS

Every Thursday: 9am-5pm

SITE ADDRESS

AND CONTACT INFO:

3840 Rosin Ct, Ste 100

Sacramento, CA 95834

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